



Guide to

# Fun & Safety

for kids, parents & caretakers



Fairfax County  
Department of Family Services  
BLUE RIBBON Campaign  
...Keeping Kids Safe





## SUMMER is here ...

Have fun with these activities and easy-to-make recipes. Look for more inside, along with summer safety tips.

---

### Orange Punch

*A quick, refreshing drink for any time of day*

5 cups cold water  
1 cup nonfat dry milk  
12-ounce can concentrated unsweetened orange juice

1. Mix water with milk powder and add concentrated juice.
2. Stir well or blend.
3. Chill.

*Makes four servings, approximate 14 ounces each*

---

### Fruit Juice Surprise

*A nutritious drink*

3 cups unsweetened fruit juice (grape, pineapple, orange, apple)  
1 cup fruit pieces, such as apple, banana and orange

1. Cut up fruit.
2. Put some fruit in each glass; add juice.

*Makes four servings, 1 cup each*



Go swimming • Play badminton or softball



# CONTENTS

## WELCOME

### **Words That Help Kids** *(English & Spanish)* 1

25 things kids like to hear.

### **Summer Safety Tips** 2

Tips every parent should know.

### **Activity Calendar** 3

A month of suggestions for parents and children.

### **Car Safety Is Important** 4

Virginia's Child Restraint Device Law

### **Home Alone Safety Rules** 5

Tips for preparing your child to stay home alone in a safe environment.

### **Child Supervision Guidelines** *(English & Spanish)* 6

Developed by child welfare professionals for supervision of children from birth to 18.

### **Guidelines for Selecting A Babysitter** *(English & Spanish)* 8

Standards for selecting a babysitter developed by child welfare professionals and members of the community.

### **ChildSafeNet: Making Communities Safer for Kids** 12

Quick tips for keeping kids safe online and out-and-about.

### **Watch the Heat!** 14

Cautions regarding your child, your car and the heat of summer.

### **Fairfax County Library** 15

Information on summer programs and a list of regional libraries.

### **Community Centers** 16

A list of Fairfax County community centers.

### **Computer Learning Centers Partnership** 17

Ensure a bright future by utilizing a Computer Learning Center.

### **Teen Centers** 18

A list of Fairfax County teen centers.

### **EMERGENCY INFORMATION Card** *inside back cover*

A helpful CUT-OUT sheet of emergency numbers to post near your phone.

## WELCOME



Welcome ... to the Guide to SUMMER FUN & SAFETY. In these pages you will read about summer activities, advice and tips compiled by the Fairfax County Blue Ribbon Campaign to keep kids safe.

In our fourth edition we've included information to help remind parents, caretakers and kids about tips for safety and fun. If you have suggestions for additional information and ideas to be included in future editions, please call us at 703-324-7720; TTY: 703-222-9452. We'd like to hear from you.

The Fairfax County Blue Ribbon Campaign, led by the Department of Family Services, includes individuals and organizations — community, civic, school, business, faith-based and government — dedicated to keeping kids safe. We welcome your participation in this effort.



## OUR VISION

... a community where each of us  
recognizes and acts upon our  
shared responsibility  
to **KEEP KIDS SAFE**  
by preventing child abuse and neglect.



# WORDS THAT HELP KIDS

## English Español

---

I love you.	Te amo.
That's great!	Está muy bien.
Good job.	Bien hecho.
You look terrific.	Te ves fenomenal.
What did you like best about today?	¿Qué fue lo que te gustó más de hoy?
You're very special.	Tú eres muy especial.
I like your smile.	Me gusta tu sonrisa.
Let's talk about you.	Hablemos de ti.
I want to help you.	Me gustaría ayudarte.
We're so proud of you.	Estamos muy orgullosos de ti.
I can see that you are angry.	Veo que estás enojado.
Let's talk about it.	Hablemos de esto.
Believe in yourself as I believe in you.	Cree en ti mismo como yo creo en ti.
Thanks for your help.	Gracias por tu ayuda.
You're such a good worker.	Eres un trabajador muy bueno.
You do that so well!	Haces eso muy bien.
Don't give up.	No dejes de intentarlo.
You're so nice to be around today.	Es un placer estar contigo hoy.
Just do the best you can.	Haz lo mejor que puedas.
You're going to be just fine.	Vas a estar bien.
How do you think we can fix this?	¿Cómo piensas que podemos solucionar esto?
Give it your best.	Inténtalo todo lo que puedas.
You are what matters.	Tú eres lo que importa.
We can do it together.	Podemos hacerlo juntos.
You made me happy; I hope you made YOU happy.	Me haces feliz. Espero que tú te sientas feliz.

# SUMMER SAFETY TIPS

When most children are out of school and on break, summer brings endless hours of sun and fun. Yet it's also an opportunity for both small and serious injuries — from playground falls to drowning. Here are some safety tips that will help keep your child's summer a safe one.

- Never leave children unattended in or near the water. Use U.S. Coast Guard approved life vests, also known as personal flotation devices (PFDs), on boats, docks, and around deep or swift water. Have adults take turns as “designated child watchers” at parties or family gatherings.
- Make sure children always wear a helmet when rollerblading, skateboarding or riding a bicycle or scooter.
- Protect children from excessive exposure to sun – especially from 10 a.m. to 4 p.m. Use a sunscreen with a Sun Protection Factor (SPF) of 15 or higher. Do not apply sunscreen to children under six months of age.
- Supervise children whenever they use play equipment. For example, make sure children stay clear of the front and back of swings while in use.
- Keep children away from areas where any lawn mowers are being used. Never allow children to ride on mowers.
- Minimize the risk of bee and insect stings by having children wear shoes and light-colored clothing. Use insect repellent sparingly on children and never on infants.
- Know the plants in your yard and teach your child not to pick or eat anything without first checking with an adult. Call the **National Capital Poison Center Hotline at 1-800-222-1222** if you suspect a poisoning has occurred or to receive a list of poisonous plants.
- Keep children from playing near barbecues and bonfires and always have a fire extinguisher or at least 16 quarts of water close by in case of fire. Only adults should use lighter fluid.
- Strap children in a properly fitting seat belt, car seat or booster seat when traveling by car or airplane. Doctors and safety experts recommend that children ride in booster seats until they are about 4 feet 9 inches tall.

**Be SAFE in the summer & have FUN!**



*Adapted from Children's Hospital and Regional Medical Center (Seattle, WA) materials and reprinted with permission.*

# A CALENDAR OF ACTIVITIES FOR PARENTS & CHILDREN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make puppets from socks	Visit the library	Tell stories	Take a walk	Draw your family on paper	Display your children's artwork	Find your city on a map
Jump rope	Make a growth chart	Make lunch	Collect clothes for needy families	Read a book	Let the children plan an activity	Draw a picture
Make a photo album	Put your birthdays on a calendar	Picnic indoors or outdoors	Work on a jigsaw puzzle	Feed the birds	Send a postcard to a friend	Let kids try on your old clothes
Have a fire drill	Let everyone tell a joke	Make pasta necklaces	Visit an art gallery	Make popcorn	Talk about safety in the home	Bake cookies
Plant an indoor garden	Invite your child's friends over	Discuss current events	Trace your hands	Make hot chocolate	Put together a first aid kit	Visit friends or relatives

*Reprinted with permission of the publisher, National Committee to Prevent Child Abuse, Chicago, Illinois.*

**Go to the museum • Play with a yoyo • Blow bubbles**



# CAR SAFETY IS IMPORTANT...

## ALL YEAR LONG!!!

### VIRGINIA'S CHILD RESTRAINT DEVICE LAW

(Code of Virginia Article 13 - Section 46.2)

#### The major requirements of Virginia's Child Safety Seat Law:

- **Effective July 1, 2002:** Child restraint devices are required for children **through the age of five**. Safety seats must be **properly used** and approved by Department of Transportation standards.
- Children ages 6 through 15 must be properly secured in an approved safety seat, booster seat or safety belt no matter where the child is seated in the vehicle.
- The law applies to **anyone** (e.g., parents, grandparents, babysitters, friends) **who provides transportation** for a child in any vehicle manufactured after January 1, 1968.
- Public transportation (taxis, buses), regulation school buses, and farm vehicles are exempted.
- The child restraint law is **primary enforcement** — no other violation need be committed prior to ticketing for failure to have a child in an approved seat.
- **Effective July 1, 2002:** A \$50 civil penalty fine is imposed for failure to have a child in a child restraint device. A \$20 civil penalty fine is assessed when persons transporting a child exempted from this law due to medical reasons do not carry a written statement of the exemption. **All fines collected go into a special fund to purchase safety seats for low-income families.**
- There are assistance programs for low-income residents who cannot afford a safety seat. Contact Virginia Department of Health, Center for Injury and Violence Prevention at 1-800-732-8333 for more information.

#### Two helpful sources for information are:

U.S. Department of Transportation's Auto Safety Hotline  
1-800-424-9393 Recalls/Issue Safety Notices

Center for Injury and Violence Prevention (Virginia Dept. of Health)  
1-800-732-8333 Child Safety Seats/Reference Material, Handouts



# HOME ALONE SAFETY RULES FOR YOUR CHILD

Leaving a child unsupervised at home is an important decision for families. Before allowing your child to stay home alone, refer to the Fairfax County *Child Supervision Guidelines* (on page 6 of this booklet) for clarification regarding the appropriate age and length of time a child can be left alone. The next step is for parents to create a safety plan with their children.

## **First, talk with your child about staying home alone:**

- Help your child understand why you cannot be present.
- Speak openly with your child about his/her feelings and encourage him/her to share concerns.
- Make certain that your child always has a way to contact you, a close friend, relative or neighbor.
- Create clear home-alone rules and guidelines with your child, and then review them until your child seems comfortable.

## **Suggestions for creating a safe home for children home alone:**

- Remove accident hot-spots and fire hazards.
- Ensure that appliances and smoke detectors are in good working order.
- Teach your children how to operate door locks and security systems.
- Prepare a first aid kit and teach your child how to use it.
- Make certain your child knows how to use the telephone and whom to call in an emergency.
- Post emergency phone numbers next to all phones in your home.

## **Now that your home is safe, here are some safety rules for your child:**

- Create a backup plan for your child if he/she should lose the house key.
- Teach your child to notice if anything does not seem right...such as an open door or broken window...and tell your child not to go into the house.
- Teach your child to remove the key from the lock when entering the house, and then to lock the door behind him/her.
- Familiarize your child with family rules about who — if anyone — to let into the house when home alone and how to handle unexpected visitors or callers.
- Help your child create ways to play alone safely. Provide books, paper, or age-appropriate and safe craft projects.

*Taken From "Home Alone Safety for Latchkey Kids" with permission from The Bureau for At-Risk Youth, 1-800-999-6884.*



**Fly a kite • Learn a new game • Go to the park • Make a finger painting**

# CHILD SUPERVISION GUIDELINES

*These guidelines have been developed by social work professionals in collaboration with the community. THEY ARE GUIDELINES ONLY. There may be situations, even within these guidelines, when it is not safe to leave a child unsupervised. Parents are ultimately responsible for making decisions about their child's safety.*

## **Whenever any child is unsupervised/unattended the following should apply:**

- There must be no emotional, medical, or behavioral problems which affect judgment or decision-making skills.
- Child must be comfortable being alone.
- Youth must have a safety plan worked out with the parent/caretaker, which includes:
  1. How to access parent or other responsible adult at all times (including knowing the parent/caretaker's whereabouts and having a telephone number where parent can be reached).
  2. What to do in case of emergency.
  3. Guidelines for acceptable behavior.
  4. Knowledge of emergency telephone numbers.
- Youth must demonstrate the ability to follow the safety plan and to make decisions that reflect concern for personal safety.

## **SUPERVISION GUIDELINES**

- 7 years & under:** Should not be left alone for any period of time. This includes leaving children unattended in cars, playgrounds, and backyards. The determining consideration would be the dangers in the environment and the ability of the caretaker to intervene.
- 8 to 10 years:** Should not be left alone for more than 1½ hours and only during daylight and early evening hours.
- 11 to 12 years:** May be left alone for up to 3 hours but not late at night or in circumstances requiring inappropriate responsibility.
- 13 to 15 years:** May be left unsupervised, but not overnight.
- 16 to 17 years:** May be left unsupervised, and in some cases, for up to two consecutive overnight periods.

**Go camping • Plant a vegetable garden • Build a sandbox • Take pictures**

# GUÍAS PARA LA SUPERVISIÓN DE LOS NIÑOS

(Child Supervision Guidelines - Spanish)

*Las siguientes representan reglas mínimas para la supervisión de los niños. Estas guías han sido desarrolladas por profesionales de trabajo social en colaboración con la comunidad. Recuerde, estas son solamente guías. Pueden haber situaciones, aún dentro de estas guías, en las que no es seguro dejar a un niño sin supervisión. Por lo tanto, los padres tienen la responsabilidad final en la toma de decisiones con respecto a la seguridad de sus hijos.*

## **El siguiente criterio se deberá aplicar para dejar a un niño solo, sin supervisión:**

- Los niños no deben tener problemas de conducta, problemas emocionales o médicos que afecten su juicio para tomar decisiones.
- El niño debe sentirse cómodo al quedarse solo.
- Los menores deben tener un plan de seguridad desarrollado con los padres o cuidadores, que incluya:
  1. Cómo comunicarse con los padres u otro adulto responsable en todo momento, (incluyendo la dirección dónde están, y tener un número telefónico donde puedan comunicarse con los padres).
  2. Saber qué hacer en caso de emergencia.
  3. Guías de conducta aceptable.
  4. Conocimiento de números telefónicos de emergencia.
- Los menores deben demostrar la habilidad de seguir el plan de seguridad y de tomar decisiones que reflejen su preocupación por la seguridad personal.

## **GUÍAS PARA LA SUPERVISIÓN DE LOS NIÑOS**

### **Menor de, y hasta los 7 años:**

No se deben dejar solos en ningún momento. Esto incluye el dejar a los niños solos, en los autos, en las áreas de juego, o en el patio. Se deben considerar los peligros del lugar y la habilidad del adulto para intervenir.

**8 a 10 años:** Solamente se les puede dejar solos por una hora y media durante el día y en la noche.

**11 a 12 años:** Se los puede dejar solos hasta 3 horas, pero no tarde en la noche o en circunstancias que requieran responsabilidad que no está al alcance de ellos.

**13 a 15 años:** Se los puede dejar sin supervisión, pero no por toda la noche.

**16 a 17 años:** Se los puede dejar sin supervisión (en algunos casos, hasta dos noches completas).

# GUIDELINES FOR SELECTING A BABYSITTER

*These guidelines have been developed by social work professionals in collaboration with members of the community. They represent minimally acceptable standards for selecting a responsible babysitter. Remember, these are guidelines only. There may be some situations, even within these guidelines, when it may not be safe to leave a child with a babysitter. Parents are ultimately responsible for making decisions about their child's safety.*

## Major Considerations:

- Generally, age 13 is the minimum recommended age for a babysitter. In making decisions about who is an acceptable babysitter, consider not only age, but also maturity.
- The physical environment where the babysitting will take place must be safe.
- The sitter must possess a level of maturity necessary for applying solid judgment and decision-making skills. There must be no emotional, medical, or behavioral problems affecting this ability.
- The length of time, the number of hours, the age and number of children, and the time of day must be consistent with the sitter's age and ability.
- As the age and level of maturity of the sitter increases, so can the level of responsibility. This includes performing specialized tasks such as getting kids ready for bed, preparing food and taking care of other specific needs.
- The sitter, depending on age, should have access to a responsible adult who can offer assistance if necessary.
- The sitter must know how and when to get help and have a safety plan for what to do in an emergency.

## Other Considerations:

- Is the sitter comfortable around children?
- Does the sitter possess basic childcare skills?
- Does the sitter show a responsible attitude?
- Could the sitter respond to any special medical needs your child may have?
- Does the sitter have experience with children?
- Does the sitter know basic first aid and CPR?
- Has the sitter demonstrated responsible behavior in the past?
- Does the sitter have references? Have you checked them out?



**Go for a bike ride • Go to the zoo • Hand paint rocks**

# SUMMER is here ...

## Before leaving your children with a sitter, have you ...

- Informed the sitter of your family's safety plan for emergency situations and ensured that the sitter is able to carry out the plan?
- Made your expectations for food preparation and bathing realistic?
- Left a place and phone number where you can be reached?
- Reminded the sitter to limit personal phone calls and not allow visitors into the home?

Many hospitals, health care agencies, youth groups, community service groups and the American Red Cross provide classes for potential babysitters.

Consistent with the *Fairfax County Child Supervision Guidelines*, no child under 16 years old should be left alone overnight. It is recommended that overnight sitters be 18 years or older.

Fairfax County recommends children be at least 13 years old before babysitting.

## Tropical Fruit Parfait

*Fun for hungry kids to make.*

- 2 cups chopped fresh or canned pineapple
- 1 cup fresh or frozen blackberries, raspberries, blueberries or strawberries
- 2 cups vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup finely chopped dates or raisins

1. In clear juice or parfait glasses, layer the pineapple, berries, yogurt, banana and dates or raisins in any order.



**Dress up using adult clothing • Play jacks • Make a pizza**

# Sugerencias para Seleccionar una Niñera

## Guidelines for Selecting a Babysitter (Spanish)

Las siguientes sugerencias han sido elaboradas por trabajadores sociales profesionales en colaboración con miembros de la comunidad, y representan los criterios mínimos que deben tomarse en cuenta a la hora de seleccionar a una niñera responsable. **Recuerde que éstas son solo sugerencias.** Puede haber situaciones en que, aunque se cumpla con estos criterios, no sea seguro dejar a un niño al cuidado de una niñera. *Son los padres quienes siempre tienen la responsabilidad final en toda decisión acerca de la seguridad de sus hijos.*

### Puntos principales

- Por lo general, 13 años es la edad mínima recomendada para una niñera. Al tomar decisiones sobre quién puede ser una buena niñera, tenga en cuenta no sólo su edad, sino también su madurez.
- El lugar en el que se vaya a supervisar al niño debe estar libre de peligros.
- La niñera debe poseer la madurez necesaria para ejercer buen juicio al tomar decisiones. No debe tener problemas emocionales, médicos ni de comportamiento que afecten dicha capacidad.
- El tiempo que Ud. piensa estar ausente, el número de niños y sus edades, así como la hora del día, deben ajustarse a la edad y capacidad de la niñera. Cuanto mayor y más madura sea la persona, mayor responsabilidad se le puede confiar.
- La niñera, dependiendo de su edad, debería tener acceso a un adulto responsable capaz de brindarle ayuda si fuera necesario.
- La niñera debe saber cómo y cuándo solicitar ayuda y contar con un plan de seguridad que le indique qué hacer en casos de emergencia.

### Otros criterios

La persona ¿se siente a gusto con los niños?	¿Tiene experiencia trabajando con niños?
¿Tiene la capacidad y habilidad básica para cuidar de los niños?	¿Posee conocimientos básicos de primeros auxilios y de reanimación cardiopulmonar?
¿Muestra una actitud responsable?	¿Ha demostrado tener una conducta responsable en el pasado?
¿Tendría la capacidad de responder a las necesidades médicas que pueda presentar su hijo?	¿Tiene referencias? ¿Ha chequeado sus referencias?

## **Antes de dejar a sus hijos al cuidado de una niñera, ¿se aseguró de...**

- informarle del plan de seguridad de la familia para situaciones de emergencia y asegurarse de que sea capaz de aplicarlo?
- ser realista en sus exigencias con respecto a la preparación de alimentos y el baño de los niños?
- dejarle una dirección y un número de teléfono donde localizarlo?
- recordarle que limite sus llamadas telefónicas personales y no permita visitas en casa?

Muchos hospitales, organismos de atención médica, grupos juveniles, grupos de servicio comunitarios y la Cruz Roja de los Estados Unidos dictan cursos de supervisión de niños. De conformidad con las sugerencias de supervisión de niños del Condado de Fairfax, no debe dejarse sola de un día para otro a ninguna persona menor de 16 años. Se recomienda que quienes cuiden niños de un día para otro tengan 18 años de edad como mínimo.



# ChildSafeNet – Making Communities Safer for Kids



*ChildSafeNet* is a nonprofit organization working with the Fairfax County Police Department to make communities safer for kids. *ChildSafeNet's* "Adults Only" and "Kids Only" P'CASO (Protecting Children Against Sex Offenders) Safety Education Programs are offered free of charge in Fairfax County.

Programs include:

- Protecting Children Against Sex Offenders – the P'CASO Partnership Program.
- Safety Online – Personal Security Rules for the Internet Age.
- The Sex Offender Registry – What Is It? How Does It Work?
- Empowering Kids - Resisting Aggression Defensively in the Open Community.
- Take Care – The S.A.F.E. Program for Women and Teenage Girls.
- Safer Communities for Kids – the Role of the Neighborhood Watch Program.
- Safety Begins at Home – Home Security Measures for Everyone.
- Behind the Scenes – The Importance of Background Checks in Protecting Children.
- Where To Turn – Helpful Resources for Parents, Kids and Educators.

Contact Anne Harrison, [anne@childsafenet.org](mailto:anne@childsafenet.org) to plan a *ChildSafeNet* program. Also ask about *ChildSafeNet's* "Child Safety Corner" articles for your community newsletters.

## Quick Tips for Keeping Kids Safe – Online and Out-and-About

Whether having fun on the Internet or out-and-about in the open community, it is important to know and follow some *basic* rules to keep as safe as possible. See some *quick tips* below, and visit *ChildSafeNet's* Web site at [www.childsafenet.org](http://www.childsafenet.org) to find comprehensive information on keeping safe year round.

Parents and kids should go over these Quick Tips together and regularly discuss the importance of each rule. Keep them in mind and post them near your computer and around the house as regular reminders.



## Out-and-About Safety Rules

- *There is Safety in Numbers.* Travel in the company of friends, and be especially careful when visiting public restrooms, parking lots and shopping centers.
- *Stay on the Beaten Path.* Keep to well-traveled, well-lit roads and sidewalks. Don't take shortcuts through woods or shopping centers.
- *Trust Your Instincts.* Stay the "safe side of sorry." We are all "hard-wired" for danger. Always trust your instincts in situations that make you uncomfortable.
- *Stay Far Away From Strange Vehicles.* Refusing to give directions or otherwise "help" adults is the right thing to do! Adults should not ask kids for help.
- *Run Like a Rabbit if Someone Approaches You in a Car.* Then tell a trusted adult immediately. Run in the opposite direction from the way the car is moving.
- *Make it a Habit to Walk Confidently.* Walk with your head and shoulders back. Make sure your eyes and ears pay close attention to your environment.
- *If Necessary Use the Full Power of Your Voice to Defend Yourself.* Put your hands up, and yell "Stay Back!" if someone you don't know makes you feel uncomfortable. Keep on yelling if you need to.
- *Lose the Headphones When Out-and-About.* Don't let anything distract you from what is going around you.

## Safety Online

- *Keep All Personal Identification Information Private.* People on the Internet may not be who they seem. When you give out your name, address, phone number, school or other personal information you have no control over who it goes to.
- *Never Ever Agree to Get Together with Someone New You "Meet" on the Internet.* If anyone suggests this, tell your parents or a trusted adult immediately.
- *Never Respond to Email, Chat Room or Other Messages that Make You Uncomfortable in Any Way.* Trust your instincts and tell a parent or other trusted adult immediately if you get inappropriate Internet messages.
- *Set Good Ground Rules for Safe Use of the Internet.* Parents and kids should set the right rules together! Visit *ChildSafeNet's Web site*, [www.childsafenet.org](http://www.childsafenet.org) for good Internet safety tips and for Internet blocking and filtering software.

**Stay safe, and have fun this summer and year 'round!**

# WATCH THE HEAT!

**Children should never be left alone inside a car, even for a few minutes.**

Many parents mistakenly think they can leave a child in a vehicle while running a “quick” errand. Unfortunately, a delay of just a few minutes can lead to tragedy. Heat is much more dangerous to children than it is to adults. In a hot vehicle, a young child’s core temperature can increase three to five times faster than that of an adult, causing permanent injury or death.

*When the outside temperature is 93° F, even with a window cracked, the temperature inside a car can reach 125° F in just 20 minutes and approximately 140° F in 40 minutes.*

## Safety in Your Driveway

While parked in a driveway, your car can be especially hazardous. Unlocked cars pose serious risks to children who are naturally curious and often lack fear. Once they crawl in, children don’t have the developmental capability to get out.

The National SAFE KIDS Campaign warns parents to be especially vigilant about their children’s safety on days when the temperature is 80 degrees or higher. Prevent heat-related injuries in cars by taking the following safety precautions:

- Never leave your child in an unattended car, even with the windows down.
- Teach children not to play in or around cars.
- Always lock car doors and trunks even at home.
- Be wary of child-resistant locks. Teach older children how to disable the driver’s door locks if they unintentionally become entrapped in a motor vehicle.
- Check to make sure all children leave the vehicle when you reach your destination.
- Don’t overlook sleeping infants.
- Watch children closely around cars, particularly when loading and unloading.
- Make sure you check the temperature of the car seat’s surface and safety belt buckles before restraining your child in the car.
- Use a light covering to shade the seat of your parked car. Consider using windshield shades in front and back windows.

*Adapted from the National SAFE KIDS Campaign (Washington, D.C.) and reprinted with permission.*



**Dictate a story and make into a little booklet.**

# FAIRFAX COUNTY LIBRARY PROGRAMS

June 24 - September 3, 2005

## Free Activities For Kids!

Give your kids a fun summer filled with free programs and activities at the Fairfax County Public Library.

Designed to help students enjoy books and maintain reading comprehension skills during summer vacation, the library's Summer Reading Program is offered in cooperation with Fairfax County Public Schools and runs from June 24 to September 3. Kids who read the required number of books will win prizes donated by area businesses. All kids can enjoy live performances by actors, artists, musicians, magicians, puppeteers, storytellers and animal wranglers. **Call your local library and ask for a summer reading list!**

### REGIONAL BRANCHES

Sunday: Noon - 6 p.m.

Monday - Thursday: 10 a.m. - 9 p.m.

Friday: 10 a.m. - 6 p.m.

Saturday: 10 a.m. - 5 p.m.

#### CENTREVILLE REGIONAL

703-830-2223

#### CHANTILLY REGIONAL

703-502-3883

#### FAIRFAX CITY REGIONAL

703-293-6227

#### GEORGE MASON REGIONAL

Annandale

703-256-3800

#### POHICK REGIONAL

Burke

703-644-7333

#### RESTON REGIONAL

703-689-2700

#### SHERWOOD REGIONAL

Alexandria

703-765-3645

#### TYSONS-PIMMIT REGIONAL

Falls Church

703-790-8088

### COMMUNITY BRANCHES

Monday - Thursday: 10 a.m. - 9 p.m.

Friday: 10 a.m. - 6 p.m.

Saturday: 10 a.m. - 5 p.m.

#### DOLLEY MADISON

McLean

703-356-0770

#### GREAT FALLS

703-757-8560

#### HERNDON FORTNIGHTLY

703-437-8855

#### JOHN MARSHALL

Alexandria

703-971-0010

#### KINGS PARK

Burke

703-978-5600

#### KINGSTOWNE

Alexandria

703-339-4610

#### LORTON

703-339-7385

#### MARTHA WASHINGTON

Alexandria

703-768-6700

#### PATRICK HENRY

Vienna

703-938-0405

#### RICHARD BYRD

Springfield

703-451-8055

#### THOMAS JEFFERSON

Falls Church

703-573-1060

#### WOODROW WILSON

Falls Church

703-820-8774

#### ACCESS SERVICES

Fairfax

Monday - Friday: 8 a.m. - 5 p.m.

703-324-8380

TTY 703-324-8365

The TTY number for all Fairfax County Library locations is 703-324-8365

# COMMUNITY CENTERS

Fairfax County's community centers are great! They're positive places for kids, seniors and families to learn, grow and have fun. Center staff develop and plan recreation activities for all ages — young children, teenagers, young adults and senior citizens. They have a variety of sports and games and leisure activities offered on a day-to-day basis, including after school programs for children and teens. Most community centers are equipped with a Computer Clubhouse or computer lab, tennis and basketball courts, softball fields, and a game room. Take advantage of the many centers in Fairfax County. Hours of operation vary during summer break and school vacations.

## Bailey's Community Center

5920 Summers Lane; Falls Church, VA 22041

703-931-7027; TTY 703-222-9693

### *Operating Hours*

Monday - Saturday: 9 a.m. – 10 p.m.

### **Computer Clubhouse**

Monday - Friday: Noon - 8 p.m.

## David R. Pinn Community Center

10225 Zion Drive; Fairfax, VA 22030

703-250-9181; TTY 703-222-9693

### *Operating Hours*

M - F: 9 a.m. - 6 p.m. / Sat.: 11 a.m. - 5 p.m.

## Gum Springs Community Center

8100 Fordson Road; Alexandria, VA 22306

703-360-6088/6092/0982; TTY 703-222-9693

### *Operating Hours*

M - F: 9 a.m. - 10 p.m. / Sat.: 1 p.m. - 10 p.m.

### **Computer Clubhouse**

Monday - Friday: Noon - 8 p.m.

## Willston Multicultural Center

6131 Willston Drive; Falls Church, VA 22044

703-532-6018/6025; TTY 703-222-9693

### *Operating Hours*

Monday - Friday: 9 a.m. - 9:30 p.m.

Staff on duty: 8 a.m. - 4 p.m.

Saturday: 10 a.m. - 2 p.m. / 5:30 p.m. - 10 p.m.

Sunday: Noon - 4 p.m.

### **New after-school recreation program:**

Monday - Friday: 1:30 p.m. - 6 p.m.

### **Computer Clubhouse**

Monday - Friday: 10 a.m. - 6 p.m.

## Huntington Community Center

5751 Liberty Drive; Alexandria, VA 22303

703-960-1917/9049; TTY 703-222-9693

### *Operating Hours*

Mon. - Fri.: 9 a.m. - 8 p.m. / Sat.: Noon - 8 p.m.

## James Lee Community Center

2855A Annandale Road; Falls Church, VA 22042

703-534-3387, ext. 200; TTY 703-222-9693

### *Operating Hours*

Mon. - Fri.: 9 a.m. - 10 p.m. / Sat.: 9 a.m. - 10 p.m.

### **Computer Clubhouse**

Monday - Friday: Noon - 8 p.m.

## Mott Community Center

12111 Braddock Road; Fairfax, VA 22030

703-278-8605/8909; TTY 703-222-9693

### *Operating Hours*

Mon.: 11 a.m. - 9 p.m. / T. - Th.: 10 a.m. - 9 p.m.

Fri.: 11 a.m. - 10 p.m. / Sat.: 1 p.m. - 10 p.m.

### **Computer Clubhouse**

Monday - Friday: Noon - 8 p.m.

## Sacramento Neighborhood Center

8792 Sacramento Drive; Alexandria, VA 22309

703-619-2964; TTY 703-222-9693 *Call for hours*

## City of Falls Church Community Center

223 Little Falls Street; Falls Church, VA 22046

703-248-5077, TTY 703-248-5149

### *Operating Hours*

Monday - Thursday: 8 a.m. - 10:30 p.m.

Friday: 8 a.m. - Midnight / Saturday: 8:30 a.m. - Midnight

Sun. (Apr. - Dec.): 2 p.m. - 6 p.m. / (Jan. - Mar.): Noon - 6 p.m.

City of Fairfax residents may go to any Fairfax County Community Center

# COMPUTER LEARNING CENTERS PARTNERSHIP

Ensure a bright future by registering in one of the Computer Learning Centers. Use this summer to learn desktop publishing, animation or web page design. Join TECH Club and learn how to build your own computer and take it home! Start to build your digital bridge to a terrific career by "jump starting" your education in technology.

For more information visit [www.clcp.net](http://www.clcp.net) or contact the Fairfax County Office of Partnerships at 703-324-5171 or for TTY assistance call 703-324-5022. Youth participants ages 6 to 18 must be a Fairfax County resident. Some of the centers are open only to the residents in the specific housing development. Call for further information.

## Summer Hours of Operation Monday - Friday: 1 p.m. - 6 p.m.

**Cedar Ridge Computer Learning Center**  
1601 Beacon Tree Lane, #1C, Reston, VA 20190  
703-471-7438

**Mt. Vernon Woods Computer Learning Center**  
4015 Fielding Street, Alexandria, VA 22309  
703-619-2823

**Chantilly Computer Learning Center**  
4101 Elmwood Street, Chantilly, VA 20151  
703-324-5171

**Murraygate Village Computer Learning Center**  
7800 Belford Drive, Alexandria, VA 22306  
703-780-9574, ext. 203

**Culmore Computer Learning Center**  
3304B Culmore Court, Falls Church, VA 22041  
703-379-5217

**Sacramento Computer Learning Center**  
8792 E. Sacramento Drive, Alexandria, VA 22309  
703-619-2962

**Herndon Computer Learning Center**  
1086 Elden Street, Herndon, VA 20170-4602  
703-435-7875

**Stonegate Computer Learning Center**  
2240 Stonewheel Drive, #B, Reston, VA 22091  
703-758-2416

**Hybla Valley Computer Learning Center**  
3415 Lockheed Boulevard, Alexandria, VA 22309  
703-718-7015

**West Ford Computer Learning Center**  
3013 W. Ford View Court, Alexandria, VA 22306  
703-799-0699

**Kingsley Commons Computer Learning Center**  
3037B Monticello Drive, Falls Church, VA 22042  
703-698-1420

**West Glade Computer Learning Center**  
2110 Glade Court, Reston, VA 20191  
703-716-0239

**Lorton Computer Learning Center**  
9504 Richmond Highway, Lorton, VA 22079  
703-339-4511

**Yorkville Computer Learning Center**  
3150 Draper Drive, Fairfax, VA 22031  
703-278-0076

# TEEN CENTERS

Tired of hanging out at all the usual places? Then try one of the local Teen Centers. You need to be in grades 7-12 and live in Fairfax County.

Come out and jam to the sounds of a DJ, join in a center's field trip, go camping or head to one of the theme parks — King's Dominion or Six Flags. Increase your computer skills or surf the Internet. Most have music, billiards in the game room, computers, pick-up basketball, light snacks, and more. Call 703-324-TEEN (8336), TTY 703-222-9693 to find the center nearest you, or visit the Web site at [www.fairfaxcounty.gov/REC/Teens/Teen\\_Main\\_Pg.htm](http://www.fairfaxcounty.gov/REC/Teens/Teen_Main_Pg.htm).

James Lee Community Center  
2855A Annandale Road  
Falls Church, VA 22042

Newington Forest Elementary  
8101 Newington Forest Avenue  
Springfield, VA 22153

Mott Community Center  
1211 Braddock Road  
Fairfax, VA 22030

Herndon Resource Center  
1086 Elden Street  
Herndon, VA 20170

Cameron Elementary School  
3434 Campbell Drive  
Alexandria, VA 22303

South County Govt. Center  
8350 Richmond Highway  
Alexandria, VA 22303

Reston Teen Center  
12196 Sunset Hills Road  
Reston, VA 20191

Glasgow Middle School  
4101 Fairfax Parkway  
Alexandria, VA 22312

Islamic Saudi Academy  
8333 Richmond Highway  
Alexandria, VA 22309

Irving Middle School  
8100 Old Keene Mill Road  
Springfield, VA 22152

Culmore Teen Center  
6018 Argyle Drive  
Falls Church, VA 22041

McNair Farms Elementary  
2499 Thomas Jefferson Drive  
Herndon, VA 20171

Annandale Terrace  
7604 Herald Street  
Annandale, VA 22003

Stone Middle School  
5500 Sully Park Drive  
Centreville, VA 20120

**City of Falls Church**  
Falls Church  
Community Center  
703-248-5077

Lynbrook Elementary  
5801 Backlick Road  
Springfield, VA 22150

Rocky Run Middle School  
4400 Stringfellow Road  
Chantilly, VA 22021

TTY 703-248-5149  
223 Little Falls Street  
Falls Church, VA 22046

City of Fairfax residents may go to any Fairfax County site

**Play under a sprinkler • Play pick-up sticks • Visit a fire station**



KEEPING KIDS SAFE  
... the BLUE RIBBON Campaign



You may wish to post this EMERGENCY INFORMATION CARD near your phone.  
cut along this line

## EMERGENCY INFORMATION

POLICE 911 FIRE 911 MEDICAL 911 POISON CONTROL 1-800-222-1222		Home Address
Parent(s) Work & Pager Numbers		Our Phone Number:
		Neighbor's Number:
		Family Doctor:
		Pediatrician:
Other Important Phone Numbers		



**Produced by:**

Fairfax County  
Department of Family Services  
12011 Government Center Parkway  
Fairfax, VA 22035  
[www.fairfaxcounty.gov/service/dfs](http://www.fairfaxcounty.gov/service/dfs)

**Printing compliments of:**

ChildSafeNet

BB&T

**Cox Communications**

Fairfax County  
Department of Community  
and Recreation Services

Fairfax County  
Department of  
Family Services

Fairfax County  
Department of Housing  
and Community Development



**... KEEPING KIDS SAFE**



Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities. This document is available in alternate formats upon request. Please call 703-324-5870; TTY 703-222-9452. Allow a minimum of two weeks for processing.

Summer 2005